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*Bookings are essential for
all courses and workshops.*

*All events are held at
WOMEN'S Healthworks
unless otherwise advised.*

WOMEN'S Healthworks is
accessible and inclusive and
promotes diversity.

Come Along and Sing

Let the Friendships Begin!

International Women's Day draws women together in unity and friendship to commemorate past achievements and to highlight current social, economic and political issues. It also provides opportunities to develop networks and facilitate partnerships between women, organisations and the broader community.

International Women's Day (IWD) is celebrated around the globe on the 8 March each year. To celebrate IWD in 2010, WOMEN'S Healthworks, supported by the City of Joondalup will be conducting a fun and celebratory event. You are invited to participate in the very first **Joondalup Community WOMEN'S Healthworks Choir!**



Do you like to sing in the shower? Do you find yourself humming along to a tune on the radio, do you sing like a canary or like a fish gargling underwater? Whether you think you can hold a tune or not – it doesn't matter! In a safe and caring environment, you will be guided through a number of songs which celebrate women's resilience and achievements. No one will have to audition and no one will have to sing on their own – this is a group activity whereby everyone can join in.

*"Don't worry that it's not good enough,
For anyone else to hear, Sing, Sing a song." Joe Raposo*

Wendy Zukerman (Weekend Australian 3/10/2009) reported that the health and wellbeing benefits of singing in a choir includes better mental health, a secure social environment, improved self esteem, removal of a feeling of isolation, improved happiness, satisfaction, motivation and a greater sense of community.

And so, what better way to celebrate being a woman, than to meet other women, share stories and have some fun together by learning how to sing some songs in the unity of a choir?

It is anticipated that this event will have the potential to continue well into the future with the establishment of an ongoing choir. If you have experience singing or have never sung with others before but would like to give it a go, then we encourage you to register your interest for a fun filled, not to be missed event!

Crèche facilities will be provided, FREE.



Register now as there will be a limited number of places available. Telephone Lynne or Sue at WOMEN'S Healthworks on 9300 1566. If you play a musical instrument and would like to bring it along on the day, then please let us know.

"I love to hear a choir. I love the humanity to see the faces of real people devoting themselves to a piece of music. I like the teamwork. It makes me feel optimistic about the human race when I see them co-operating like that." Paul McCartney

Supported by



**International
Women's Day**

2010

DATE

Monday
8 March 2010

TIMES

From 9.30am to 2.00pm

VENUE

To be advised

*In the spirit of the day,
we invite you to bring
along a plate to share
for lunch.*

**WOMEN'S Healthworks
will provide
refreshments for
morning tea.**

Courses, Workshops and Walking Groups

Tai Chi

Tai Chi is a highly enjoyable way to stay relaxed and healthy. It gives you inner peace, joy and vitality.



Advanced Levels - for those who have attended previous classes and wish to learn the next level.

Dates & Times

Tuesdays: 2 February to 30 March 2010
(9 weeks)

Times: 9.00am and 10.00am

How to Better Manage Your Stress, Anxiety and Improving Energy and Mood!



Certain times of the year and cycles of life (eg: changes within the family, midlife) create more stress for us. Identifying the underlying issues and finding natural means to assist the systems of the body under strain with simple and effective ways to achieve improved physical and mental

wellness. Diet will be discussed.

Debbie Burton ND (a highly qualified naturopath) is passionate about assisting families to achieve better health.

Learn simple but effective approaches to improving your health. Knowledge is empowering!

Day: Monday
Date: 22 February 2010
Times: 1.00pm to 2.30pm
Cost: \$7.70 (Members)
\$9.90 (Non-members)

The Right to Feel Safe

This workshop focuses on the fact that individuals have the right to feel safe at all times. Especially in later years of life, people often feel more vulnerable and/or unsafe.



Learn strategies to know what 'unsafe' feelings are, and what to do when this occurs. Protective Behaviours is a preventative, personal empowerment program which helps to skill individuals in self-care and safety.

Day: Thursday
Date: 25 March 2010
Times: 9.30am to 11.30am
Cost: \$7.70 (Members)
\$9.90 (Non-members)

Walking in WA

According to the Premiers Physical Activity Taskforce, approximately 40% of adult Western Australians are not active enough for good health. Walking is an easy, low cost method of increasing your health and physical activity levels, and it also provides a huge range of benefits for your community and the environment.

There are many ways for you to get active and start walking by joining one of WOMEN'S Healthworks walking groups.

Joining a walking group is safe and enjoyable, and provides a great social atmosphere to develop new friendships and strengthen current relationships.

Women's Walking Groups

The walks vary in length, cater to all levels of fitness and are FREE! We encourage you to stay for a coffee and a chat after the walk.

New members are always welcome

Butler - Child Health Clinic

- Monday mornings at 9.30am

Duncraig - Child Health Clinic

- Wednesday mornings at 9.00am

Girrawheen - Hainsworth Centre

- Wednesday mornings at 9.30am

Joondalup - WOMEN'S Healthworks

- Tuesday mornings at 9.00am

Remember to bring water, hat and sunscreen.

Get active indoors at Westfield Whitford City and Lakeside City Joondalup - mall walking.

Hillarys - Whitford City Shopping Centre

- Tuesday & Wednesday mornings at 9.00am

Meeting Point: Alongside Gelatino Kiosk
(between Edments & The Body Shop)

Joondalup - Lakeside Shopping City

- Thursday mornings at 8.50am

Meeting Point: At the Information Desk

NEW GROUP COMMENCING

There will be a new indoor walking group beginning in February at Lakeside Joondalup Shopping City on Tuesday mornings at 9.00am.

For details about joining a walk group - or simply going along to 'try one out', please contact WOMEN'S Healthworks on 9300 1566.

Craft Group, Information Services, Membership, Volunteering & Other Programs

Craft Group - FREE

Women of all ages come together to share their creative skills in all kinds of crafts. Come and join other like minded women, learn a variety of skills, get some ideas or share yours, it's a great opportunity to make new friends.

We'd love to see you along some time on **Wednesdays from 9.30am**. New members are always welcome. No experience is needed as the tasks are varied.

Information Services

WOMEN'S Healthworks provides a comprehensive range of women's health information and pamphlets, including community notices and advice regarding other services.

Information on other agencies can be provided where WOMEN'S Healthworks services are not sufficient for your needs. Give us a call on 9300 1566.

Membership

Membership is open to women of all ages and to organisations that support the aims of WOMEN'S Healthworks.

The benefits of membership include:

- Discounts on courses and workshops
- The quarterly newsletter - Women's Health News
- The right to vote at Annual General Meetings
- The opportunity to become a member of the Board

Fees: \$14.30 (GST inclusive) for individuals
\$36.30 (GST inclusive) for organizations

Volunteering

Thinking of volunteering your time?

Below is a list of jobs with which WOMEN'S Healthworks (WHW) needs assistance.

Some of the positions require using various computer programs - MS Word, Excel, Access.

- Collate, label and sort our quarterly newsletters (many hands make this a very quick job - four times a year - January, April, July and September)
- Entering details into a database for mail out to organizations (*experience in MS Access Program*).
- Recording WHW History. In September 2010, WHW will be celebrating its 21st birthday, and in preparation are wanting to collate an overview of our history. (*Competent with reading files and extrapolating required information and imputing into an established format using MS Word*).

For further details or to obtain an application form contact Lynne on 9300 1566, call into WHW, email - lynne@womenshealthworks.org.au or go to WHW website - www.womenshealthworks.org.au (go to get involved and download an application form).

The Village Program

Supporting women with drug and alcohol issues who have children under 18 years.

The Village Program continues to deliver a much needed service for women who have drug and alcohol issues.

In late 2009 WOMEN'S Healthworks were fortunate to receive some funding from the Commonwealth Bank Staff's Community Grants Fund. This will enable the Village Program to continue into 2010 delivering not only high quality counselling and therapeutic support to women, but also their children.

Women who access the program will have the opportunity to work together with their children in developing a greater sense of belonging to each other and to further develop healthy attachment relationships. Individual and joint counselling sessions are provided.

If you would like any information about the Village Program, contact Jenny on Tuesday or Wednesday at WOMEN'S Healthworks on 9300 1566.

Body Esteem Program (BEP)

The Body Esteem Program offers guided self-help groups for women 18+ living with Eating Disorders.

There will be four groups offered during 2010.

- **Anorexia/Bulimia** - The next 20-week self-help group will commence in April and will be held in the evenings at Leederville. (*Costs: \$330.00*)
- **Parent Education Support Program (PESP)** The next 8-week group will commence in February and is for parents and carers of loved ones with an eating disorder. (*Costs (\$88 per person or \$132 per couple)*)
- **Overeating/Binge Eating** The next 20-week self-help group will commence in April and will be held in the evenings at Leederville. (*Costs: \$330.00*)
- **Step Down Program** is for women who have previously attended one of the 20-week self-help groups. It is a support group and will be held in October/November at a central location. Costs to be advised.

For further information or to register telephone 9300 1566 or email info@womenshealthworks.org.au.



Medical, Counselling & Other Services

Appointments for Counselling and Medical services must be made.

Confidentiality and respect is assured at all times

Translating and Interpreting Services (TIS) can be arranged for non-English speaking women for medical and counselling appointments.

This must be requested at the time of booking.

Well Women's Health Clinics

Our female doctors and clinic nurse provide information, advice, support and treatment for a broad range of women's health issues including:

- Breast Checks
- Pap Smears
- Contraception
- IUCD & Implanon Insertions/Removals
- Ante-natal Care
- Post-natal Check
- Menstrual Problems
- Menopause
- Sexually Transmissible Infections
- Vaginal Infections
- Other women's health issues

Longer consultations are made available so that doctors can thoroughly discuss health and other issues which impact on your health and wellbeing.

We bulk bill for Pensioners and Health Care Card holders

Medical Clinic - Hours of Service

Tuesdays 9.00am to 4.00pm

Wednesdays 9.00 to 1.30pm

Thursdays 10.00am to 2.00pm

Fridays 9.00am to 1.30pm

Call 9300 1566 to book an appointment

Counselling Service

WOMEN'S Healthworks provides a confidential low-cost counselling service for women covering a variety of issues.

Women can be referred to counselling by a doctor, health practitioner or agency or women can self-refer.

There is a waiting list for appointments.

FEES: \$10.00 (unemployed/or on benefits)
\$15.00 (casual employment)
\$20.00 (part-time employment)
\$30.00 (full-time employment)

Reflexology with Vera Washer

Reflexology is preventative health care. It is a safe natural way of healing and reduces stress and induces relaxation, improves circulation and revitalises energy.



Reflexology points on the feet or hands are massaged to promote health and relaxation.

Contact Vera on 0409 041 948 for an appointment. Times and days vary.

Naturopathy with Debbie Burton (Consultant Naturopath)



Debbie is an experienced naturopath/medical herbalist with a special interest in women's health and all aspects of health care.

Her services include iridology, herbal medicine, homoeopathy, nutritional advice and therapeutic massage.

Debbie offers appointments at WOMEN'S Healthworks on Mondays and can be contacted directly on 0413 621 583 for an appointment.

Sexual Assault Resource Centre (SARC)

An outreach counselling service is offered at WOMEN'S Healthworks on Mondays.

For an appointment contact SARC on 9340 1820 during business hours 8.30am to 5.00pm, Monday to Friday. This service is FREE.

Private Counselling

Two private female psychologists (both mature aged and experienced Registered Psychologists) practice at WOMEN'S Healthworks on various days.

Private fees apply, with both psychologists providing services which are rebatable by some health funds or for eligible clients who have been referred by a GP under the Medicare Mental Health Care Plan.

- Pam O'Connor uses a combination of cognitive behavioural strategies (CBT), interpersonal therapy and hypnosis if suitable.
- Gwen Brookes offers counselling to individuals and couples and is well known for her informal and supportive client centred approach to her work.

For further details contact WOMEN'S Healthworks on 9300 1566.